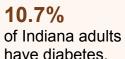
# **Diabetes and Flu**

#### **Diabetes**

is a disease where the body does not make or use insulin appropriately.

#### Flu

Influenza (flu) is a contagious respiratory illness caused by influenza viruses.





# 7<sup>th</sup>

Diabetes is the 7<sup>th</sup> leading cause of death in Indiana.



### Diabetes and the flu:

- If you get sick with the flu, talk to your doctor about how to take care of your diabetes. Take antivirals if your doctor gives them to you.
- Even if you take care of yourself, if you have diabetes (type 1 or type 2), you are at high risk of serious flu complications, like pneumonia.
- If you get sick with the flu, people with diabetes can develop high blood sugars.
- Being sick with the flu can prevent people with diabetes from getting proper nutrition.

# Things you can do reduce your risk of flu:

- Cover your mouth when you cough or sneeze.
- Wash your hands regularly, especially after you cough or sneeze.
- Try not to touch your eyes, mouth or nose.
- Try to avoid being around sick people.
- Have enough of your medications to last a week, in case you have to stay home.
- Get an annual flu shot. Ask close friends and family to get one too.

# Sick day rules

If you have diabetes and are sick with flu-like symptoms, follow these steps:

- Continue to take your diabetes pills or insulin. Don't stop even if you can't eat.
- Test your blood sugar levels every four (4) hours. Write down your results and share them with your doctor.
- When you have the flu, you can become dehydrated. Try to drink lots of clear fluids to prevent this from happening.
- Weigh yourself every day. Losing weight without trying is a sign of high blood sugars.
- Check your temperature every morning and evening. A fever may be a sign of infection.

# Go to the doctor or emergency room if:

- You feel too sick to eat normally and are unable to keep down food for more than six (6) hours.
- You have severe diarrhea.
- You lose 5 pounds or more.
- Your temperature is over 101 degrees F.
- Your blood glucose is lower than 60 mg/dL or remains over 250 mg/dL on two (2) checks.
- You have moderate or large amounts of ketones in your urine.
- You have trouble breathing.
- You feel sleepy or can't think clearly.

#### Take action

- See your doctor once a year for check-ups-more often if you have a chronic disease like hypertension.
- Maintain a healthy blood pressure and cholesterol level. If you've been told that you have high blood pressure or cholesterol, ask your doctor about the DASH diet.
- At mealtime, make half your plate fruits and veggies.
- Take a walk after lunch and dinner. Just 15 minutes can make a difference.
- Don't smoke or chew tobacco. If you do, talk to your doctor about the benefits of quitting.
- Get at least eight (8) hours of sleep a night.
- If your health changes, or you're not feeling well, talk to your doctor.
- Talk to your doctor or a dietitian about lifestyle changes that could help improve your health.
- Go to www.choosemyplate.gov to find recipe ideas, online tools and resources to help you eat healthier and move more

#### Chronic disease resources

- Diabetes Self-Management Education and Support. Learn to live with diabetes. Find classes through the Indiana Diabetes Education and Support Program Directory.
- <u>Diabetes Prevention Program (DPP)</u> is a lifestyle change program that helps to delay and/or prevent type 2 diabetes for individuals who are at risk.
- Indiana's Community Health Centers provide local primary health care services from a community perspective.
- Indiana Perinatal Network is a group of providers that seeks to improve the health of all mothers and babies.
- For problems with depression, addiction, or other mental health services: Community Mental Health Services Locator.
- WISEWOMAN: (Well-Integrated Screening and Evaluation for Women Across the Nation Program) provides cardiovascular screening for women ages 40-64 who are participants in the Indiana Breast and Cervical Cancer Program (IN-BCCP).
- Indiana Tobacco Quitline is a free phone service to help Indiana smokers quit. For support call: 800-Quit-Now (800-784-8669).
- Indiana Women, Infants and Children (WIC) is a program helping mothers and babies improve access to nutritious food and promoting healthier lifestyle.

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